

Facets

THE CENTRAL IOWA EXPERIENCE

MAY 2014

MARKET MASTER

LOJEAN PETERSEN PREVIEWS
THE AMES MAIN STREET
FARMERS' MARKET

STATE OF
THE PARKS
WATERWAY
WARRIOR



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THE CENTRAL IOWA EXPERIENCE

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ON THE COVER: Lojean Petersen, manager of the Ames Main Street Farmers' Market, gave us a preview of what's in store for the market this summer. For more, flip to page 6. PHOTO BY JULIE FERRELL/AMES TRIBUNE

EDITOR'S NOTE

While I was making my way through aisle after aisle of a local craft store the other day, I turned the corner and was met with a barrage of red, white and blue.

Just past all of the pastel Easter merchandise, the crafty Mother's Day gifts and the gardening tools and planters (that someday I hope to have a deck big enough to contain), were three full aisles of Fourth of July decorations.

I'm all for planning ahead, but I was almost surprised by what I found — after all, it still snows here in Ames every once in awhile — until I realized that summer is creeping up on us incredibly quickly.

"Summer Ames," as I've heard so many call it, has been my favorite since the first summer I spent here after my sophomore year at Iowa State working a job in Conference Services.

While we were busy bees running (and driving golf carts) around campus all summer, there's an incredible kind of calm that comes with a portion of the student population departing for home, vacations and summer internships.

Everything seems a bit more laid back — there's less traffic on Lincoln Way, the lines are shorter at the Tropical Sno stands and you might even be able to snag a spot for your towel on the shores of Petersen Pits.

Despite this slowdown, this is exactly the time of year the City of Ames really amps up opportunities for us to get outside and get involved with our community.

The Ames Main Street Farmers' Market is set to kick off on May 3, and there are a few new things in store for patrons this season. Julie Ferrell spoke with Lojean Petersen to get the scoop on what to expect at this year's market.

One of my favorite aspects of Ames — and I'm sure this sentiment is shared by many — is the parks system and the wide range of recreational opportunities it offers.

Todd Burras caught up with Keith Abraham, who was recently named the director of the Ames Parks and Recreation Department.

He answered our questions about the past and present of the parks system, and gave a little insight regarding what they hope to achieve in the future. Be sure to check out Yoga in the Park on page 10!



Summer wouldn't be complete without dipping your toes (or entire body, if you can't manage to balance a kayak properly, like myself) in the waterways of central Iowa. Keeping them clean is a big concern, too, though, as more and more people take to them each year.

Jane M. Degeneffe chatted with Erwin Klaas, a well-known advocate for the waterways of central Iowa, about how we can each do our part to preserve the natural resources that surround us this summer.

Also in this issue, we previewed summer celebrations in Slater, whipped up a few portable recipes perfect for a picnic or barbecue and made our own sidewalk chalk.

So much for taking it easy, huh?

In the sense of planning ahead, I figured it'd be easiest to reach out to readers regarding a future issue. In line with Ames' Sesquicentennial celebration, we're looking to go back in time and highlight Ames' glory days, whether it be through cherished recipes or timeless tales of the people who live here.

Know someone or something that fits that billing? Let me know at nwiegand@amestrib.com!

Nicole Wiegand

NICOLE WIEGAND

FEATURES



6 | MARKET MASTER

Lojean Petersen breaks down what patrons should expect at this year's Ames Main Street Farmers' Market, which kicks off its first weekend on May 3.

8 | STATE OF THE PARKS

Todd Burras spoke with Keith Abraham, director of Ames' Parks and Recreation Department, about the state of the parks system, what the department has to offer and what they're looking to do in the future.



11 | WATERWAY WARRIOR

With more and more people taking to Central Iowa's waterways, local environmental advocate Erv Klaas explains why — and how — to keep our waterway clean this summer.

14 | SUMMER FUN IN SLATER

Find yourself with a weekend and nothing to do? Chances are you'll find something in Slater, whether it's semi-pro baseball or a biking trail.

DEPARTMENTS

18 | CULTIVATE

Jan Riggensbach talks begonias, and specifically Big begonias — a new hybrid making wave in the gardening community.



19 | SAVOR

Heading to the Little League, outdoor concert or an amusement park? Packing up a picnic is easy with Mason jars (and three tasty recipes).

23 | PROVIDE

Karen Petersen explains that, like the saying, age really is just a number.

24 | MOVE

Kecia Place-Fencel gives us tips for how to stay in shape with your canine companion at your side.

26 | NOURISH

Dietitian Nicole Arnold lays out the benefits of strawberries, just in time for strawberry season and Mother's Day.

30 | BEAUTIFY

Mary Clare Lokken lets us in on this summer's hair color trends, with the hottest shades for blondes, brunettes and redheads.

...

28 | EVENTS

We previewed Co'Motion Dance Company's "Girls Night Out" show as well as the second installment of the Lucky Star Market, both of which take place over the next two weeks.

31 | FACETED WOMAN

Get to know Madeleine Russell, owner of Midwest Artist Management.

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Market master





Map by Ames Main Street Farmer's Market

Headed up by Ames' Lojean Petersen, the fourth-annual Ames Main Street Farmers' Market is set to kick off in May

STORY + PHOTO
BY JULIE FERRELL

As a former farmers' market vendor, Lojean Petersen never guessed she would eventually help lead the Ames Main Street Farmers' Market.

As the market's manager, Petersen will help open the fourth-annual event beginning on Saturday, May 3, in the Main Street Cultural District.

"Last year was very successful for us, and that just really generated a lot of new interest and new people coming to us. So we're very excited," Petersen said.

Led by the Ames Chamber of Commerce, the weekly market offers fresh fruits, vegetables and meats, as well as handcrafted goods and live entertainment from local producers.

Located in the 400 block of Main Street, in front of the Tom Evans Plaza, the market is open to the public from 8 a.m. to 12:30 p.m. every Saturday morning from

May 3 through Oct. 25.

After working as a vendor in northwest Iowa, Petersen joined the Ames market team last year and said she is expecting to see a rise in popularity since she started.

For this summer's market, Petersen said the group is welcoming new produce vendors, as well as more jewelry and craft goods. Live entertainment has also been a part of the market each week, and new musicians from cities such as Des Moines and Cedar Rapids are lined up for this summer.

In its four years, the market has continuously seen an increase in shoppers and vendors. Petersen said last year's market reached up to 2,200 to 2,500 shoppers, and the number is expected to grow this year.

The number of vendors has also steadily increased, jumping from 39 vendors last year to an estimated 55 this summer.

With more interest, the market is also expanding in size and will stretch across

two blocks of Main Street instead of the typical one. Petersen added that the addition of events such as a salsa contest and a chili cook-off will hopefully bring in an even larger crowd.

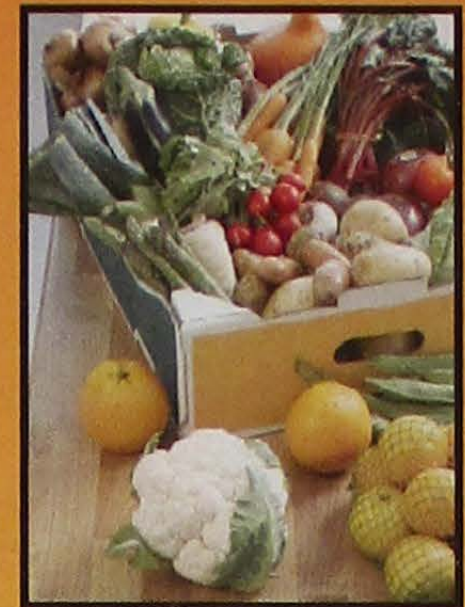
But with the increased interest in this summer's market, Petersen said the market team is not looking too far down the road. The organizers are currently focusing on this year's event, and will take a look at the 2015 market later on.

In the meantime, Petersen said she hopes this summer's market will be successful for the Main Street area, and she encouraged shoppers to help support local businesses when they stop by the market.

"It helps support our local economy, our local growers out here," she said. "It's very community-oriented and it brings down families, young professionals, retirees and we hope to pull people from other communities. It's just a great, fun place to spend a Saturday morning."

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STATE OF THE PARKS



Q+A with Ames Parks and Recreation Department director Keith Abraham

BY TODD BURRAS

PHOTO BY NIRMALENDU MAJUMDAR

What's the best way to cure the effects of a white winter hangover?

Get out in the green and blue outdoors as often as possible!

In Ames, that's easy to do.

With more than three dozen parks, more than 1,000 acres of land and water, and miles of trails to hike and bike, Ames is one of the greenest and bluest communities of its size anywhere in the United States.

Overseeing the vast park system is Keith Abraham. Abraham was promoted to Ames' parks and recreation director last summer after spending the previous 19 years as the city's parks supervisor. Prior to that, Abraham was the recreation coordinator for the Sheboygan (Wis.) Area School District Community Recreation Department.

The Tribune recently caught up with Abraham to learn more about the Ames Parks and Recreation Department, the city's parks and trails system, challenges the department faces and opportunities that might come its way.

What's been the biggest adjustment for you since taking over as director of the Ames Parks and Recreation Department after spending 19 years as its parks supervisor?

The biggest adjustment has been managing the multiple Capital Improvement Plan projects going on at any one time. This includes working with consultants and contractors to ensure the project is completed to the satisfaction of the residents and staff.

Many years ago, I thought I heard that Ames had more green space than any other city in the U.S. with a comparable population. Was that true? If so, has that continued to be the case as the city's population has grown in the past decade?

I don't know the answer to that, but here's what I can tell you. The national standard for parkland within a community is 10 acres per 1,000 population. To break it down further, the standards are 5 acres of developed land and 5 acres of undeveloped land. Ames currently has approximately 20 acres per 1,000 population. This breaks down to 5 acres of developed and 15 acres of undeveloped within the Ames community.

With land values at a premium, do you see the city being able to expand its green space in the next decade or will it focus primarily on maintaining the green space it already manages?

We will continue to focus on maintaining what we have, however, the city's park master plan identifies additional areas for new park development. The plan shows new community parks to be developed in the southeast, southwest, west and northwest. There is also a neighborhood park identified in the northwest portion of the city. We will continue to pursue opportunities for land acquisition as they become available and fit with the master plan.

What future opportunities do you see the department having for increasing outdoor recreation opportunities for residents?

Opportunities include additional park space, green belt development and new programming through departmental offerings or partnerships.

How is the department coping with the growth of club sports in the past decade, and how is it trying to grow its own programs?

In the past 10 years, our youth sport programs have been on the decline due to many more opportunities available.

For example, in 1994 there were basically two basketball programs available. Now there are at least seven. Our philosophy is we want kids to be active and participate. Families choose different programs based on their individual needs. What we are focusing on right now is to improve the quality of our programs and do a better job of promoting what we have. We are also looking at other programs to offer that no one else is.

Are there any new adult and youth programs the department is offering this summer?

We are offering an adult Ultimate Frisbee league and Bugs on Rugs for youth.

What are the department's priorities for the next five years? Ten years?

- Engage the public in conversations regarding a new indoor recreational aquatic center.
- With the recent promotions, resignations

AMES PARKS AND RECREATION DEPARTMENT BY THE NUMBERS:

37 — number of parks the Ames Parks and Recreation Department manages

1,224 — acres of green space (and blue space) maintained by the department

18 — approximate mileage of trails, biking and hiking, within the park system that are maintained

20 — full-time Ames Parks and Recreation Department employees

400 — part-time Ames Parks and Recreation Department employees

\$3.94 million — fiscal year 2013-14 budget

\$3.99 million — fiscal year 2014-15 budget

and potential retirements, half or more of our full-time staff will be new to their positions, so training and developing staff is critical.

- Continue to maintain and enhance the current parks and facilities.
- Provide a more diverse recreation program based on residents' needs and desires.

What's something about the city's parks and trails system that most residents probably don't know?

People are always surprised to find out Ames has 37 parks. Another thing is that we groom cross country ski trails in East River Valley Park. Most also don't know that about 100 acres of parkland is leased from Iowa State University.

What do you think are two or three of the city's hidden green treasures?

Munn Woods, Emma McCarthy Lee Park and Old Town Park are all unique, vary in size and are treasures in their own way.



SUMMER FUN SPOTLIGHT:

Yoga in the Park

CONTRIBUTED PHOTO

WHAT: Yoga in the Park
WHEN: 10 to 11 a.m. Saturdays
 June 7 to Aug. 2 (no class July 5)
WHERE: Bandshell Park
WHO: This is the city's third
 year of holding the class, and it
 has been very successful with
 anywhere between 60 and 100

people at each class. The class
 is open to people of any age and
 levels of experience.

The classes are taught by a
 variety of yoga instructors that
 teach in Ames at a variety of
 studios, including Ames Parks
 and Recreation, Ames Racquet

and Fitness Club and Ignite
 Yoga.

WHAT YOU NEED: Partici-
 pants need to bring their own
 mats or towels to the class.

WHY YOGA: "Yoga has
 so many benefits includ-
 ing increased flexibility and

strength, relieves anxiety,
 lowers blood pressure,
 improves balance and improves
 posture, among others. Yoga is
 for anyone and everyone!" —
 Nancy Shaw, public wellness
 manager for the Ames Parks
 and Recreation Department.



Waterway warrior

A primer on Iowa's waterways with local activist and environmental advocate, Erv Klaas



PHOTOS AND STORY BY JANE MARIE DEGENEFTE & NATHAN MICHAEL ZANTOW

"Iowa...our beauty rests in these small areas. And I really believe it is a beautiful state, but we do have to take better care of it." — Erv Klaas

Summertime in central Iowa provides much in the way of outdoor activity. The sweetness of Iowa's rivers and creeks apportion access to hours of fun and recreation. Refreshing walks

along the many wooded walkways are like short get-aways from our busy schedules. We need not travel far.

A well-known citizen of Ames, Erv Klaas, has both appreciated and protected that sweetness.

Growing up next to the Mississippi in Missouri, Erv has known the river his entire life.

Erwin E. Klaas grew up in Elsberry, Mo., a town of about 1,000 along the Mississippi on HWY 79, halfway between

Hannibal and Saint Louis.

He began his work at Iowa State University as assistant leader of the Iowa Cooperative Fish and Wildlife Research Unit.

Now, being retired from that work, he remains active in several conservation efforts throughout the state. In 2001 he became soil and water district commissioner, just one year after his retirement at ISU.

CONTINUED ON PAGE 12

"Iowa ... our beauty rests in these small areas. And I really believe it is a beautiful state, but we do have to take better care of it." — Erv Klaas

In this Facets interview, Erv began our time together by mentioning the Iowa Rivers Revival and its efforts to appropriate funding for the work to be done in maintaining the natural beauty and resource of Iowa's rivers.

Last year, Floyd County's Charles City had a low-head dam on the Cedar River transformed into a half mile of white water kayaking and canoeing stretch, said to be some of the "best in the country."

Said Erv: "I've seen people having fun in it. They'd go a certain ways, get out and do it again! I've watched the kids and adults all have fun in it. Inner tubes, kayaks, canoes ... They've also created some fish habitat by arranging the rocks in a certain way to create pools and jetties."

The IRR, Iowa Rivers Revival is a statewide, nonprofit advocacy organization. It was awarded \$80,000 from the McKnight Foundation for efforts to reduce pollution into the Mississippi River and Gulf of Mexico.

With cooperation between landowners and farmers, the IRR works to promote the efficiency of watersheds with an emphasis on ways to reduce nitrogen and phosphorus pollution.

Protection and enjoyment of these waterways also includes efforts to keep them free of litter.

Some of the works created through IRR include water trail programs, River Rascals youth program, and River Town of the Year awards.

This year, the River Town award goes to Decorah in recognition of the community's desire to make the Upper Iowa River a place for recreation, economic development, and environmental stewardship.

One can find out more about IRR by going to www.iowarivers.org.

...

FACETS: Is it actually possible to use the rivers in a recreational way and preserve them at the same time? In the many walks I've been on recently I've seen a lot of littering.

ERV: "I think they can be improved. Of course, the Skunk River and Squaw Creek both have fish habitat. People who like to use a fly rod can catch a fish that's called a Creek Chub and gives a pretty good fight on a fly rod. There is some fishing recreation on those two streams in Ames.

"I think the aesthetics of our streams could be very greatly improved, well — stop treating them as garbage dumps. That's one of the big problems. It's amazing.

My friend who is in the biology program at ISU, Jim Colbert, (we call him the Admiral of the Skunk River Navy) started what he calls the Skunk River Navy to give students a sense of community and get them to do something together.

"Jim said it was because he likes to fish and he saw all this junk that was in the Skunk River. He said, 'I need to clean it up!' So he organized this group of students.

"They do this usually in September and October on weekends. Renting canoes from rec services at ISU, they may have eight or ten putting them in one stretch of the river then walking along pulling the canoes and putting trash in them.

"They get big stuff out, but they also pull up a lot of bottles, cans and plastic stuff.

"They haul out several tons of material every year. And these are

areas they go back again after a couple years and do it again, and they still get the same amount of stuff!

"He has an arrangement with the city that they bring a dumpster and put it on the bank. The city comes and gets it with one of their trash haulers and takes it to the resource recovery plant. Everything from old tires, bathtubs, port-o-potties, bicycles, you can't just imagine.

"This wouldn't happen if people recognize the creek as something to be valued."

FACETS: How can individuals and community learn to value the rivers?

ERV: "I would like to see Squaw Creek particularly, but also the Skunk River be designated as greenways.

"That word, pretty universally, means a stream that is protected by green development or a park-line.

"At the same time, you would have access to it with access points along the stream to get to the water but also bike trails, and hiking trails along that creek or river so you can enjoy the riparian system.

"Riparian is essentially the area along a river. Riparian systems are more abundant than other systems. They attract more birds. They attract higher densities of birds. They attract fish.

"There's a lot of biodiversity in a riparian system. That would be an attraction, you see, if we could have that to enjoy, if we could have it for our quality of life.

"Iowa doesn't have big national parks, we don't have mountains, we don't have the ocean. So, our beauty rests in these small areas. And I really believe it is a beautiful state, but we do have to take better care of it."

ERV is quite knowledgeable about many forms of natural protection.

Even though his vision for conservation stretches far and wide, his appreciation for what we have right here in Ames, with the Skunk River and Squaw Creek is firm and in effect. He is President of the Board for Friends of Ada Hayden Heritage Park.

The success of this park is due to a high level of respectful admiration of our local natural habitat's here in Ames and the Skunk River and Squaw Creek is firm and in effect.

He is President of the Board for Friends of Ada Hayden Heritage Park. The success of this park is due to a high level of respectful admiration of our local natural habitat's beauty.

...

ERV: "As far as amenities, there are many. The lake is an abandoned gravel pit and 80 percent of the water comes from ground water. Water quality is very good ranking. It is comparable to West Lake Okoboji.

"During drought periods, water is pumped from the lake into the Skunk River to recharge our drinking water aquifer. Constructed wetlands to the west intercept surface water runoff to cleanse it before it enters the lake.

"The wetlands offer viewing of a variety of birds, amphibians, reptiles, and mammals. The upland trail offers some nice views of the park and features an old farm pond that is a good place to view dragonflies.

"There is something new to see at the park nearly every day; especially during the spring and fall bird migrations."

...

The Friends of Ada Hayden have a website, a blog and a Facebook page. By going online there are links to "Ada Hayden Park Reflections," a blog which is published daily with photos contributed by several people within Ames community.

...

FACETS: Just across from Ada Hayden is Sleepy Hollow Access point. Is this what you mean by creating a water trail?

ERV: "Sleepy Hollow has an access point and Sleepy Hollow has been created in recent years. They're trying to develop a canoe trail on the Skunk River.

"In other words, you have access points on the Skunk River at various places so that people can recreate with canoes and kayaks. County conservation boards for example, try to provide these kinds of recreation services.

"Trails, for example, bicycle trails. And they found that the development of a canoe trail actually costs only 1/10th of what it takes to build a bike trail.

"Because they don't have to pave anything all they have to do is put in an access point. So, there's a big movement within the state to create canoe trails."

With so much to enjoy and appreciate outdoors, our local community has much to partake in and protect, thanks to Mr. Klaas' great contributions as well as continued involvement with Ames natural resources.

Those interested can become a member of Friends of Ada Hayden Heritage Park by sending a donation of \$35 to treasurer Stephanie Fox, 3921 Squaw Road, Ames, IA, 50014

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SUMMER FUN IN SLATER

BY ANN KRUAUSE

To the passerby, Slater may seem like your typical small Iowa town — lacking in size, population, and traffic lights. But stop for a moment and you'll soon learn that this small town has a lot to offer. Slater offers a full range of activities for every age and every activity level. Whether you're into biking, swimming, hiking or just taking it easy — there's no need to travel far, Slater has it all and much more.

MUSIC IN THE PARK

On most Friday nights during the summer you can find live music in Nelson Park right in the heart of Slater. From 6:30 p.m. to 8:30 p.m. you'll hear everything from Jazz to Easy Listening to Bluegrass. Bands who have played in the park and returning this year are 4-Mile Creek, Brewer Project, and The Gustafsons.

SEMI-PRO BASEBALL

From late May to early August you can

catch the Slater Nite Hawks play at Nite Hawk Field on the West side of town. Part of the Des Moines Semi-Pro League, the Nite Hawks compete against other Central Iowa teams and have even walked away with several championship titles over the past several years.

SLATER PUBLIC LIBRARY

The Slater Public Library has a wide range of free summer reading programs for kids, tweens, teens and adults. The



programs begin June 5 and runs until July 24. Kids can enjoy book clubs, story time, science projects and special guests and events each week. Adults can participate in card making, coffee on Fridays and even join in a special day trip to the Amana Colonies in September. For more detailed information and for registration forms visit the library or online at www.slaterpubliclibrary.org.

BIKE TRAILS

Slater is a great place to jump on a bike and ride. The 32-mile Heart of Iowa Nature Trail begins in Slater and runs all the way to Melbourne. Pedestrians, pets, and equestrians are also welcomed to use

this multi-use trail. Also winding its way through town is the popular High Trestle Trail. This paved trail runs from Ankeny to the High Trestle Bridge in Woodward. Plan to join the bikers at the Full Moon High Trestle Bridge Ride during each full moon. Ride at your own pace from 7 p.m. until 10 p.m. It's just 11 miles from Slater to the bridge with several places for refreshments along the way.

FIRE DEPARTMENT CELEBRATION

The Slater Volunteer Fire Department turns 100 this year and they have big plans to celebrate. Saturday, June 28, the Fire Department plans on having a parade of fire

trucks ranging from the oldest around to brand new. They will also have entertainment for the kids, water fights and a live band.

FOURTH OF JULY CELEBRATION

Also celebrating a milestone is the town itself. Slater turns 125 years old this year. Every year Slater puts on a great Fourth of July celebration with a professional grade fireworks show. The clubs and organizations are busy planning a bigger than usual event this year that will span four days. Among the festivities are a parade, mud volleyball, a carnival, a bicycle poker run, a talent show, and live entertainment.

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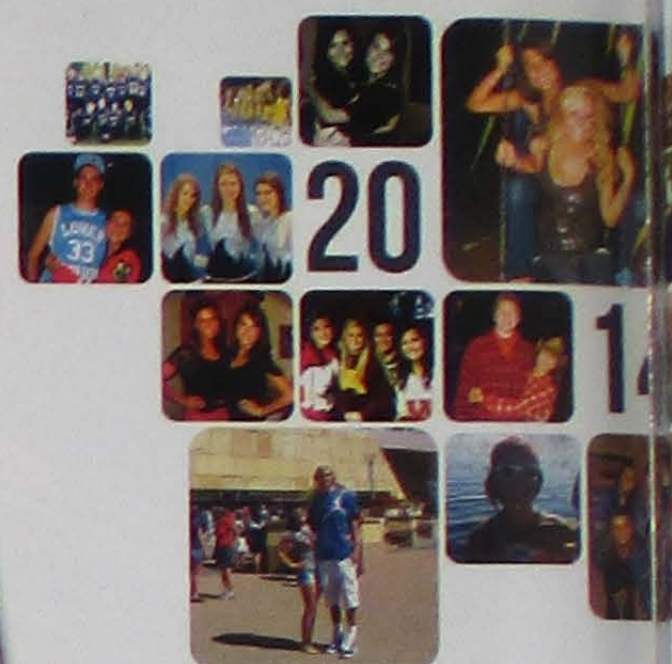
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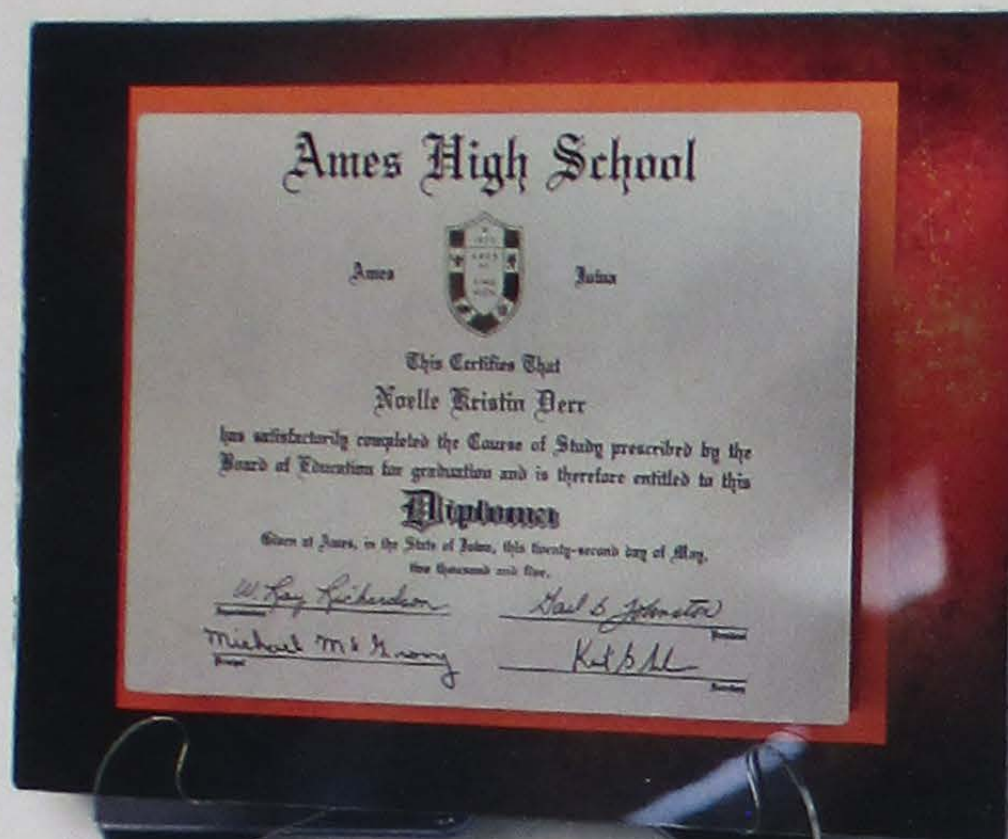
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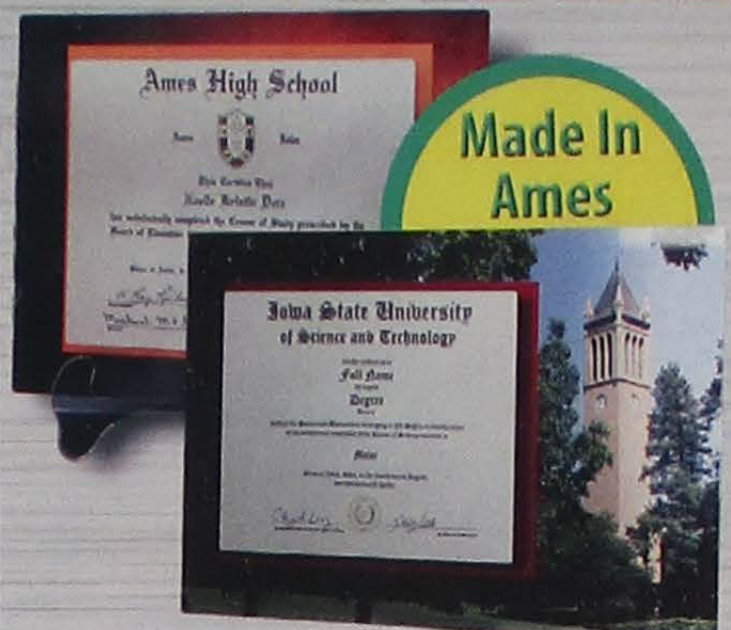
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BIG, BEGUILING BEGONIAS

BY JAN RIGGENBACH

Recently, a gardener asked me to recommend an annual that would thrive in her twin garden beds. Well, almost twin: one is in sun and the other in shade.

When I suggested begonias, she looked as shocked as if I'd recommended plastic plants from the craft store. She was picturing the familiar wax begonias — under a foot tall, serviceable, but not exciting.

But I was thinking of the vigorous new hybrid called Big (www.big-begonia.com). Big comes in your choice of red or rose flowers with bronze leaves, or red with green foliage, and it's truly big: 20 inches tall with extra-large flowers.

I've seen Big begonias in commercial landscapes, where they show off all summer in all kinds of weather. I've grown them in my own garden and in containers, with delightful results. And I see that they've been racking up awards in gardens around the globe.

Surefire, another new begonia, is also racking up awards.

But wait — it turns out that Surefire is Proven Winners' own name for the very same Big begonias. So whichever name you find at your garden center, you can count on the same great performance.

The flowers grow on arching stems, the better to see them.

The petals fall to the ground, decreasing any risk of disease.

I often recommend begonias to people who tell me they lack a green thumb. The plants are adaptable, thriving in almost any soil. In shady beds where downy mildew has wiped out impatiens, begonias make a pretty substitute. Another plus: Deer and rabbits often eat impatiens but generally leave begonias alone.

Gardeners today can choose from a number of other showy begonia hybrids. Dragon Wing was one of the first to grab attention. Also large and sturdy, it has huge, shiny green leaves and a choice of pink or red flowers.

Gryphon begonia grows into a real show-stopper, not for flowers but for its enormous leaves that resemble hands with outstretched fingers. The foliage is deep green with silver markings on top and reddish-rage beneath. The plant I saved indoors over winter is 2 feet tall and 2 feet wide, big enough to fill a container all by itself.

While Big and Dragon Wing begonias can grow in sun or shade, Gryphon needs protection from the hot afternoon sun.

So does a begonia called Looking Glass, another one of my favorites. Its large silver leaves have wide green veins that light up the shade. When the morning sun shines through the foliage, the burgundy-red back of the leaves really shows off. Looking Glass supposedly has small pink flowers, but I've never seen any. No matter. The leaves of this begonia are the real show. ♦

Longtime garden columnist Jan Riggensch lives in Omaha.



Surefire Red begonia is a showoff, whether planted in a container or in a garden bed.
PHOTO BY PROVEN WINNERS

Picnic perfect

Quick picnic packing for a summer outing is easy with Mason jars

Bringing a salad along?

Layer components, beginning with dressing and wetter ingredients on bottom. Top with pasta, cheese, chicken or whatever you'd like. Finish off the jar with your choice of greens. This will keep veggies crisp until you're ready to eat.

Greens

Feta cheese

Grilled chicken

Rainbow rotini

Diced cucumber

Diced tomatoes

Dressing

Layered strawberry shortcake

- Cut biscuits from a refrigerated package of biscuit dough into four pieces each.
 - Roll in cinnamon and sugar and bake according to package directions.
 - Once cool, layer into Mason jar with diced strawberries.
 - Top with whipped cream, yogurt or ice cream when ready to serve.
- Serves four.



Sparkling peach lemonade

- Drain and rinse one 14.5-ounce can of peaches in light syrup and blend until smooth.

- In a pitcher, combine peach puree, 3 cups cold water, 3 cups (750 mL) seltzer water, 1 cup lemon juice and 1 cup sugar.

- Stir until sugar dissolves. Serve with ice and garnish with a lemon slice. Serves four.

(For a fun summer twist on a Bellini, substitute champagne for the seltzer water!)



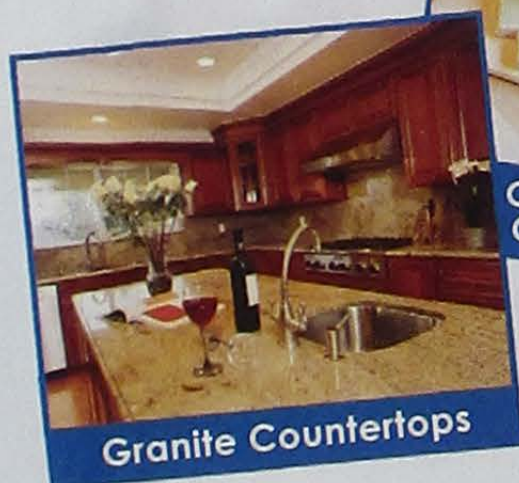
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SUMMERTIME DIY:

HOMEMADE SIDEWALK CHALK

Summertime is the perfect time to get outdoors and create a little driveway of cul-de-sac art.

Whether it's a four-square court or hopscotch, or a mural spanning the sidewalk, it's infinitely more fun when the art supplies are homemade.

TOOLS:

- Paper towel or toilet paper rolls
- Duct tape
- Freezer paper
- 32-ounce plastic containers (saved yogurt containers work great)
- Tempera paint in a variety of colors
- 1 cup water
- 1 1/2 cups Plaster of Paris

DIRECTIONS:

If using paper towel rolls, cut tubes in half. Toilet paper tubes are a perfect length and require no trimming.

Cut freezer paper to size and line the inside of the cardboard rolls with the paper.

In a plastic container, mix 2 to 4 tablespoons (depending on intensity of color desired) of paint into the cup of water. Continue mixing while slowly adding the Plaster of Paris to the water, until completely combined. The mixture should be about the texture of frosting.

Fill prepared tube with mixture, assisting with a rubber spatula. Tap tube on work surface to release air bubbles.

The plaster will set in about a half hour, and can be removed from tube after about one hour (check for hardness by gently squeezing tube). Once chalk is removed from tube, place on a cooling rack and let dry completely (at least 24 hours) before using.

AGE:

It's really just a number

There was a time when I thought anyone who had achieved their 50th birthday was old, then I began to see sixty as old, and now I think old isn't a number, it is just an attitude. I seriously laugh at myself when I think about how easily, almost automatically, I dismissed the possibility that my age defines me as old. And does it really matter?



KAREN
PETERSEN

Another way to look at age is when you approach a retirement decision. When people approach their 60th year, most start to think about how long they will work. By the time we retire most of us will have worked thirty to forty years. All the time you are working, you are accumulating money for that day when you no longer are obligated to show up for work each day.

As you plan for retirement, there is a distinct shift in how you think about money. Once you make that decision to retire, you are in the distribution phase of life and you begin to spend that money you worked so many years to accumulate.

THE NUMBER MATTERS

So imagine this; you are now sixty two and getting ready to end the work/accumulation phase of your life. How many years will you live after your last paycheck is deposited? In other words, what is your life expectancy? Now the numbers are important, these numbers are real, not just an attitude. In 1999 the average life expectancy was 76.7 years. Today on the current mortality

tables the joint life expectancy (or the age that the second death will occur) of a sixty two year old man and a 62 year old women that neither smoked is 92. If you are average, and we have been taught to strive for above average, your retirement savings may need fund your living for more than thirty years.

Now if you believe these statistics, and I hope you do, no matter what your age, it may be time to re-think your retirement investment strategy. Prepare for your fabulous multi-decade retirement

- What is the allocation of your retirement portfolio?
- What percent is fixed, bond, stocks?
- Historically what is the return of your portfolio?
- How long until you will begin to use your retirement money?
- Consider inflation at 3 percent
- Consider taxes.
- At the end of thirty years It will take more than \$2.40 to buy what one dollar bought at the beginning of your thirty year retirement.
- Many retirees pay taxes on their income of twenty percent or more.

Seriously consider the facts. It might be time to make a long term plan to be ready for decades of your fabulous retirement — because life is ... more than money. ❖

Have a question you'd like Karen Petersen to address in an upcoming issue of Facets magazine? Email her your inquiries at karen@mymorethanmoney.net.

Karen L. Petersen, CFP® CDFA™, is a fee-based financial adviser. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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GET MOVING + HAVE FUN: EXERCISING WITH YOUR DOG

Dogs are great companions and can also be great motivators.

Some people depend on the motivation of their dog to get them moving. Spring has finally arrived and with warmer weather on the way, here are some dog-friendly



KECIA
PLACE-FENCIL

activities and helpful tips to help you make the most of your outdoor activities with your dog.

Most dogs love to go for a walk or a run. So to get you motivated, sign up for a local dog-friendly 5K race that you can walk, run, or both. Paying the registration fee may give you the extra motivation you may need to get outdoors and start moving with your dog. Many local trails (both paved and off road)

can provide new outdoor adventures for both you and your dog while you are preparing for the 5K.

There are a few simple commands that will definitely enhance your walk or run experience with your dog. Teaching your dog "left, right, forward and stop" are very helpful when you are approaching an intersection.

CONTINUED ON PAGE 24



CONTINUED FROM PAGE 23

Announcing these commands as you approach the intersection will help prepare your dog for the direction you are planning to head next, prevent your dog from continuing forward into traffic and harms way, and hopefully avoid a collision between you and your dog because of a confused dog.

Some dogs love to play fetch. Throwing the ball or a frisbee for your dog can give your arm a workout and help you practice for softball/baseball season as well. Some dogs are water dogs and enjoy swimming.

While the water temperatures may be a little too cool for our swimming preference, you can still get out on the water with your dog.

Kayak, canoe or stand up paddleboard alongside your dog to get a great workout while they swim. With their higher body temperature and furry coat, they are perfectly happy swimming in cooler water temperatures.

It is always important to keep in mind the welfare of the dog when exercising. Especially in sporting dogs such as the

Labrador or Golden Retriever, the drive to exercise is very high and the dog will literally exercise until it collapses or suffers from exhaustion. We as dog owners, have to be mindful of the weather conditions, duration of exercise and hydration so we can limit their exercise accordingly.

Whatever outdoor activity brings you joy, I hope that you can take your dog with you.

Our community has plenty to offer for dogs and humans alike. Just remember, play it safe and smart while having fun. ♦

Only the BERRY BEST for mom

Fresh berries are in season, and strawberries are the crowd

favorite. With a sweet scent and bright color, strawberries are appetizing and versatile in many dishes.

In addition to adding a burst of color to any dish, strawberries provide many healthy nutrients.

The majority of phytochemicals in strawberries are



NICOLE ARNOLD

flavonoids, which give berries their bright colors, and are shown to have health benefits for the heart, preventing cancer and supporting cognitive function.

Strawberries are also a great source of vitamin C which helps support a strong, healthy immune system, and potassium which can help lower blood pressure.

Other nutrients in strawberries include fiber which increases the feeling of satiety (fullness) and folate to prevent birth defects.

Strawberries can fit anyone's taste; they are naturally sweet, but adding a splash of balsamic vinegar or piece of blue cheese will give strawberries a more tart flavor.

Add strawberries to your Mother's Day celebrations with these simple tips:

- Prepare mom a delicious breakfast with fresh strawberry slices over warm oatmeal.
- Prepare Strawberries and Blue Cheese Bruschetta and serve as an afternoon snack or at a picnic.
- Purchase chocolate-covered

strawberries at your Hy-Vee for an easy dessert.

• Ask your Hy-Vee dietitian how to make strawberry shortcake in a Mason jar — an activity for kids and dads to make a special treat for mom.

Treating mom to the strawberries is a great way to say thanks for all she does and show how much she is loved.

When choosing strawberries, look for shiny, firm berries with a bright red color. Be sure to store strawberries in the refrigerator and wash right before eating.



CONTRIBUTED PHOTO

STRAWBERRIES AND BLUE CHEESE BRUSCHETTA

Recipe from Eating Well
Makes: 1 dozen
Active Time: 20 minutes
Total Time: 20 minutes

ALL YOU NEED:

- 12 medium strawberries, hulled and sliced
- 1 teaspoon sugar
- 1/4 cup (2 ounces) reduced-fat cream cheese (Neufchâtel)
- 1/4 cup crumbled blue cheese
- 1-2 teaspoons water, if needed
- 1 tablespoon finely chopped fresh chives, plus more for garnish

- 1/4 teaspoon freshly ground pepper
- 12 slices whole-grain baguette (1/4 inch thick), warmed or toasted

ALL YOU DO:

Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.

Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.

Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries.

Garnish with a sprinkle of chives, if desired.

NUTRITION

Per piece: 66 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 10 g carbohydrates; 1 g added sugars; 2 g protein; 1 g fiber; 139 mg sodium; 33 mg potassium. Carbohydrate Servings: 1/2. Exchanges: 1/2 starch, 1/2 fat. ♦

Nicole Arnold represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics.

The information is not intended as medical advice. Please consult a medical professional for individual advice.



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-Pat & Jim Pearson



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EVENTS



The well-attended, 'pop up,' European-style market, which made its Ames debut in December, will return to Ames on April 26.

The Lucky Star Market is a one-day shopping experience, with no admission fee, that features vendors selling

hand-made crafts, jewelry, clothing, vintage goods, art and more.

New to the Lucky Star Spring Market will be outdoor tents, and an additional selection of new vendors, bringing the total to as many as 60 vendors.

Lucky Star Market is

organized by Jody Bergan Bennett and hosted by the Prairie Moon Winery & Vineyards in Ames.

The event, referred to as a "live Etsy," a reference to the widely popular e-commerce website focused on handmade or vintage items, will be again the style of a



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Girls' Night Out

Co Motion Dance Theater Women in Motion 2014

This year is Ames' 150th Anniversary. In honor of the Sesquicentennial, Women in Motion 2014 will be dancing around Ames' history as fast a Dinky train during Girls Night Out at the Ames City Auditorium on May 9 and 10.

Women in Motion is a semester-long dance intensive for women, who participate in all aspects of live performance including composition, creativity, and performing in a concert of dances. Women in Motion is a rich dance experience with a lot of heart.

This year's production is piled high as the campanile with dances about great Ames stories, including featured female heroes such as Abbie Sawyer, Ada Hayden, Cynthia Duff, and Inis Grove.

And, of course, trains interrupt the proceedings. Folks with a connection to Ames such as Billy Sunday and Big Bill Broonzy also inspire dances.

Dancing women include Greta Anderson, Sarah Savage Davis, Diana Figueredo, Sue Griffith, Deb Kline, Julia McGuire, Laura Merrick, Amy Murphy,

Lonna Nachtigal as well as company members Elizabeth Ferreira and Silvina Lopez Barrera. Choreography is by Valerie Williams and the dancers.

Ames City Auditorium is located on 6th St. between Clark and Grand Avenues in downtown Ames.

For more information, please call (515) 232-7374 or e-mail dance@comotion.org.

Tickets will be available at the door. \$15 general admission, \$10 students and seniors, Children under 15, free.

EVENTS

'European market' with festive food and drink and family-friendly activities throughout the day.

Prairie Moon Winery, the event hosting site, will also be cooking up brick-oven fired pizzas in their outdoor brick oven as well as serving up craft beers and wine.

"We love the process of bringing together artisans, 're-purposers,' vintage collectors, hand-made creators and designers, at one beautiful location for a festive day; it is a great addition to our community," Bennett said.

"We are so excited to share all of the new vendors who have been accepted into this market with the Ames community ... as well as some of the favorites from the Holiday Market ... this is going to be an amazing event."

Bennett's vision for more 'Lucky Star Markets' was

further reinforced after she was notified that Lucky Star Market was a recipient of one of the Ames Convention and Visitors Bureau's 2014 Community Grants.

Here's what's in store for the 2014 Lucky Star Spring Market:

- More than 60 handmade, art, design & vintage vendors
- Vendors indoors and outdoors
- Free admission
- Make and take crafts for kids
- Prairie Moon will be offering its famous "brick-oven fired pizzas"
- Wine, sangria, beer, lemonade and other non-alcoholic drinks
- Live musicians
- Fresh flowers & perennials
- Giveaways from our a variety of vendors
- Free market bags to the first 50 visitors on Saturday morning
- Cinnamon rolls, coffee & breakfast pizzas in the morning



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"It was reassuring to have support so close," said Charles. "And it's still convenient to have meals, events and more under one roof. It's just so easy to live here!"

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9:15 a.m.

Age Group & Team Awards

- Medals to top 3 finishers in 14 categories
- Participation ribbons to all youth ages 12 & under
- Team awards
- visit www.mgmc.org/hoperun for more details



HAIR COLOR TREND SIGHTINGS

Time to change it up! Winter is over at last and now is the time to get with your salon professional for a new look. Cut, color or curl — or any combination of these — now is the time for your change. Color is always a favorite for change.

Did you even know that your stylist can color your brows and lashes? Lashes are done with a vegetable dye safe to use close to your eyes. Brows can be done with your hair color, or a variation on it.

Think about not having to apply or remove mascara and framing your face with your best feature — your eyes.

Not ready for hair color? Then try extensions to add length or color or both. And



MARY CLARE
LOKKEN

don't think extensions aren't for short-haired gals. They can add a pop of a fun color without having to go through the hair color process and retouch.

Brunettes are the most common color, but there is nothing common about brown anymore. Rich, warm browns make anyone look better, but especially those with warm-toned skin.

Your stylist can color your brown locks to look great with cooler skin tones. Or, if you are blessed with skin tones that can go warm or cool, your stylist can blend that in your hair color.

Blondes go even blonder this year. Again, they can be formulated to warm or cool. Platinum is still big and shouts "summer."

And, my personal favorite, red continues to be a winner in every shade from

strawberry blonde to auburn-burnished browns. I know that's cheating because it covers blondes and brunettes, but doesn't everyone want some red?

A wise stylist once told me, "Blondes have more fun; redheads have more secrets," and I'll stick with that.

The beauty of a hair color by a professional is that your look will be uniquely you and no one will look just like you.

Hair color makes you feel better simply by fixing what nature missed. So ask a professional what is recommended just for you, and enjoy spring as a new you. ❖

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at mclokken@gmail.com

NAME: Madeleine Russell

AGE: 29

POSITION: GM at Co'Motion Dance Theater, Owner at Midwest Artist Management, rotating third job.

FAMILY: Joyce and David Russell, of Ames; older siblings John and Mary.

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

Given \$1,000 to spend on myself? Geez. I can't fathom that. I guess I would buy a new computer. As an entrepreneur, I work on a ... somewhat vintage computer. When I started my business, my parents gave me the computer to get me started. It was very generous of them, but it also works just well enough to get me there. It's like if you asked for a car and received a bike. You can still get there, but it takes a lot of extra planning and time.

YOUR FAVORITE MEAL:

My father is the best cook in town. He even has a blog about 10 Minute French Cooking. I swear my parents' house is the best restaurant in Ames. He makes the BEST brunch and it's always impeccably garnished and served.

CRAZIEST FASHION YOU EVER WORE:

I've always been a late bloomer. Most kids get into fashion in high school, but clothes didn't cross my mind until college. There was a year there where I wore ribbons around my neck as chokers, scarves I crocheted myself, blazers from the thrift store and a side ponytail. I guess every girl has to start somewhere.

YOUR FAVORITE MOTTO:

Currently I've been trying to worry less what people think of me, so I've been working with the motto, "I don't care if you don't like me, I like you." My professional motto is, "Work hard, work smart, make friends."

WHAT MAKES YOU LAUGH?

I really like stand-up comedy. My favorite comedian is Maria Bamford and I've gotten into Morgan Murphy lately. I'm always trying to be as brave as possible, so I've done some stand-up comedy in Des Moines and I want to do more and go to local stand-up.

WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?

I pride myself on being able to make something out of nothing or very little. This has allowed me to do over \$700,000 in bookings for performing artists in my career. It is not easy to financially support artists. Any parent of an artist can tell you that.



BEST TIP TO LOOK AND FEEL GREAT:

"No one looks stupid when they're having fun." — Amy Poehler

HOW DO YOU TAKE CARE OF YOURSELF FINANCIALLY?

I am an artist and an arts manager, so my income source rotates and is often seasonal. I work for Valerie Williams' Co'Motion Dance Theater in Ames, own my own booking agency and have a rotating third job to make ends meet. Sometimes it's food service, sometimes it's housekeeping — this spring, I've been doing campaign management.

MY IDEA OF A NIGHTMARE JOB:

My idea of a nightmare job is having to do nothing for any extended period of time — it is torture to have to sit and kill time. I worked at a card store for four weeks once, and it was terrible. Just sit, wait for someone to come in, and listen to the ABBA greatest hits CD for six hours.

MY SIMPLEST PLEASURE:

I always have to have a creative outlet and that often is card making. I make cards and I send them away from me so that I don't end up on "Hoarders."

WHAT FINANCIAL ADVICE WOULD YOU GIVE OTHER WOMEN?

Learn how to wait tables and you will never go hungry again.

Do You Know a Faceted Woman???

Contact

Tiffany Hilfiker

for nomination information!

thilfiker@amestrib.com

We are looking for local inspiring women who are involved in their communities in numerous ways. If you know a woman who would make a great Faceted Woman, please contact me today!

Facets



dietitian's pick: MAY 2014

STRAWBERRIES

5 REASONS TO EAT STRAWBERRIES

1. One serving is about 8 strawberries (or one cup) and has only 45 calories, 3 grams fiber and more vitamin C than an orange.
2. Provides essential nutrients that may help control high cholesterol and high blood pressure.
3. Antioxidants found in strawberries may help slow or prevent age-related decline in cognitive function.
4. Are one of the top 10 superfoods for a diabetes meal, according to the American Diabetes Association
5. Contain ellagic acid which may reduce the growth and spread of certain cancers.



STRAWBERRY AND BLUE CHEESE BRUSCHETTA

Serves 12 (1 each).

Active time: 20 minutes | Total: 20 minutes

All you need

12 medium strawberries, hulled and sliced
1 tsp Hy-Vee sugar
1/4 cup (2 oz) Hy-Vee reduced-fat cream cheese (Neufchatel)
1/4 cup crumbled blue cheese
1 to 2 tsp water, if needed
1 tbsp finely chopped fresh chives, plus more for garnish
1/4 teaspoon Hy-Vee freshly ground pepper
12 slices whole-grain baguette (1/4 inch thick), warmed or toasted

All you do

1. Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.
2. Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
3. Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

Nutrition Facts per serving: 66 calories, 2g fat, 1g saturated fat, 5mg cholesterol, 139mg sodium, 10g carbohydrate, 1g fiber, 2g protein.
Source: adapted from Eating Well, Inc.



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